

ICE YOUR PHONE TIPS: How to ICE your Phone

- 1** **CHOOSE** a responsible person to be your In Case of Emergency (ICE) Contact. Record their contact information.
INFORM your ICE Contact that you have chosen them as your designated contact and provide them with information that may affect any treatment you may need in case of an emergency. Remember MAD or “M” “A” “D”.
 - **Medicines** –List all current medications you are taking, including herbal and organic supplements because they can and do interact with some medications.
 - **Allergies** – List all known allergies, especially to medications, but also to foods.
 - **Doctors** – Include the names and phone numbers of doctors or other medical providers responsible for your regular care.
- 2** **ADD** this contact as a new entry, with their phone number, in your mobile phone address book under the heading “ICE”. Example: ICE-Mom or ICE-Dad. (To learn how to enter a new contact into your mobile phone’s address book, please contact your mobile phone manufacturer or mobile service provider).
- 3** **When** entering multiple ICE Contacts, put a number directly behind the word “ICE” in each one to prioritize them for the emergency responders. Example: ICE1 – Mom, ICE2 – Mary